In the intermediate energy range (100-500 MeV) the pion interaction is dominated by the very strong Δ resonance.

 Δ resonance peaks for pion kinetic energy of ~200 MeV

At 200 MeV for carbon iron cross section distribution is:

Elastic: 35% 40% (214 700 mb)

Inelastic: 33% 20% (210 360 mb)

Absorption: 25% 35% (160 600 mb)

CEX 7% 5% (45 83 mb)

DCX always negligible

(these are not neutrino cross sections!)

NuIntO4